



Peppered Filet Mignon with Horseradish Cream



Gluten Free



Low Fod Map

READY IN



17 min.

SERVINGS



4

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed 1/
- ☐ 2 tablespoons pepper black
- ☐ 2 tablespoons half-and-half fat-free
- ☐ 0.5 cup mayonnaise fat-free
- ☐ 2 tablespoons horseradish prepared
- ☐ 0.5 teaspoon salt

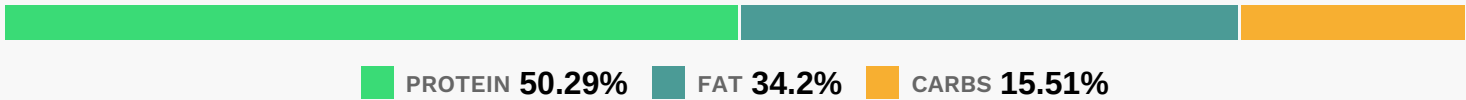
Equipment

- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine first 3 ingredients in a small bowl; set aside.
- ☐ Combine pepper and salt in a shallow dish. Dredge steaks in pepper mixture.
- ☐ Place steaks on a broiler pan coated with cooking spray; broil 6 minutes. Turn steaks over. Broil 5 minutes or until desired degree of doneness.
- ☐ Serve immediately with horseradish mixture.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.58, Inflammation Score:-2, Nutrition Score:13.874347745076%

Nutrients (% of daily need)

Calories: 207.64kcal (10.38%), Fat: 7.76g (11.94%), Saturated Fat: 2.77g (17.31%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 6.36g (2.31%), Sugar: 3.97g (4.41%), Cholesterol: 75.55mg (25.18%), Sodium: 620.19mg (26.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.67g (51.34%), Selenium: 35.25µg (50.35%), Vitamin B3: 7.34mg (36.7%), Vitamin B6: 0.72mg (36.21%), Zinc: 4.68mg (31.17%), Phosphorus: 256.84mg (25.68%), Manganese: 0.41mg (20.59%), Vitamin B12: 1.09µg (18.23%), Potassium: 489.41mg (13.98%), Vitamin K: 13.52µg (12.87%), Iron: 2.17mg (12.08%), Vitamin B2: 0.16mg (9.58%), Magnesium: 35.02mg (8.76%), Vitamin B5: 0.82mg (8.18%), Copper: 0.14mg (6.88%), Fiber: 1.56g (6.22%), Vitamin B1: 0.09mg (6.13%), Calcium: 51.55mg (5.16%), Folate: 19.83µg (4.96%), Vitamin E: 0.4mg (2.65%), Vitamin C: 1.92mg (2.33%)